

Small boxing handbook 10 by JJefArt
Written by: Jeffrey Koelewijn Jeffrey de vries

Parrying

It's almost like a block but you're slightly deflecting your opponents punch away with your hand.
A small parry can take the power away of the opponents punch
And a big parry can guide your opponent off balance and make him vulnerable using his own momentum
Long armed punchers are more vulnerable to parrying as it takes longer for them to retract their arm
It doesn't work well to light punches

The palms forward guard

A guard where the palms face forward and are slightly in front of the face at or just above or below eye height
Normally used in thai boxing
Can make parrying much easier

The knuckles and punches

You can just hit your opponent

It's fun to know but it's not really helpfull in gloved boxing

Although hitting with the two front knuckles pointing and middle finger knuckles, can give more piercing power

It could be effective with bare knuckle boxing fights but now with gloves it actually cares less with what knuckles you hit your opponenent

You can hit your opponent with the knuckles of the pinky, ring and middle finger knuckles

You can hit your opponent with the two front knuckles pointing and middle finger knuckles wich ads more piercing power because of the smaller surface area

You can hit your opponent with the pointing, middle and ring finger knuckles

In bare knuckle at places like the abdominals all five knuckles can make contact but with bare knuckle hitting the face normally only two or three knuckles will make contact

Some trainers prefer their athletes to hit with the two front knuckles other prefer them hitting with the middle, ring and pinky finger knuckles

Something to know

Boxing is often called the manly art of self-defense

Apron is the part of the ring canvas outside the ropes

The ring floor is called canvas

Break is a referee's order for boxers to step back and seperate if they are in a clinch

Tips to not get countered throwing a jab

Don't telegraph, don't make it predictable

Get a faster jab

If you have a slow jab chances of getting countered are higher

One reason why a jab might be slow might be because of too much tension or pushing the jab instead of snapping

If you throw a power punch jab push punch is more effective

Another way to increase jab speed is using less hip rotation

it decreases the power a little bit but can increase speed if done correctly it's less predictable and you will use less energy

If you want to throw a knock out jab you probably need as much hip rotation

Throw a jab with more commitment

Recover quicker and better

Don't always aim at the same place

Feints and then a jab

Some times feints jab feints jab

The feint jab feint jab feint jab and then jab

The feint jab feint jab and then jab

Boxers who use this technique constantly seem to throw half jabs and then suddenly a jab

This behaviour can be very confusing to the opponent

Tip

Don't always lead with a jab

Some times throw another punch at first then a jab

You can use a jab to set up a power punch, knock out punch